

Grounding Techniques: Your Go-To Tools in Times of Need

Keep this sheet somewhere visible or carry it with you as a calm companion.

Why Use Grounding Techniques?

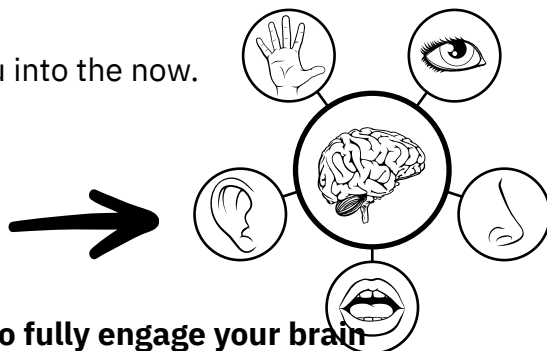
Grounding techniques are simple, effective exercises that help anchor you in the present moment, especially during times of anxiety, stress, or overwhelming emotions. They use your senses and body to gently interrupt distressing thoughts and help restore a sense of calm and control.

Everyone responds differently, so explore these and find what feels right for you.

The 5-4-3-2-1 Technique

Use your senses to bring you into the now.

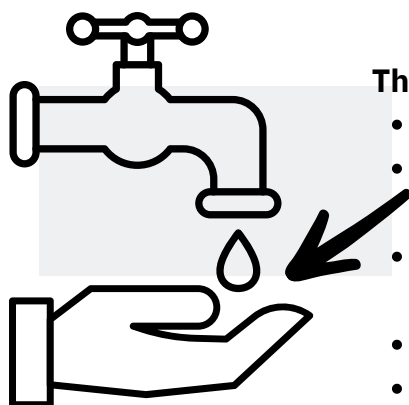
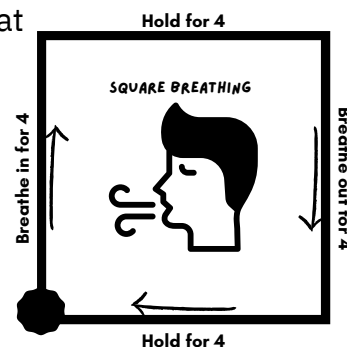
- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste



Try naming them out loud to fully engage your brain

The Square Breathing Technique

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- Repeat

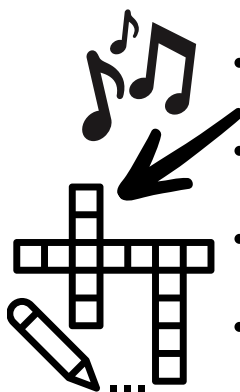


The Water Technique

- Run warm water over your hands
- Focus on how it feels on your palms and fingers
- Switch to cold water and notice the difference
- Take a deep sigh
- Repeat as needed

The Distraction Technique

- Choose an activity that grabs your attention (puzzle, music, counting).
- Fully focus on it, notice details, textures, or patterns.
- When anxious thoughts appear, gently return your focus to the task.
- Stay with the activity until you feel calmer.
- Use this as a mental reset when your mind feels stuck or overwhelmed.



The Sighing Technique

- Sit or lie down comfortably.
- Close your eyes and take a deep breath in.
- Exhale with a long, slow sigh.
- Notice how your body feels as you sigh.
- Repeat for a few minutes.



The Butterfly Hug Technique

- Cross your arms over your chest, resting hands on your upper arms.
- Gently tap each hand on your arms, left-right-left, in a steady rhythm.
- Breathe slowly: in for 4, hold for 4, out for 4.
- Focus on the soothing rhythm and the feeling of self-comfort.
- If your mind drifts, return your focus to the tapping and your breath.

Top Tips

- Focus on the feeling of air leaving your body.
- Let go of tension with each sigh.
- You can sigh out a calming word, like “release” or “okay.”
- Try different rhythms or sighs while walking or stretching.

